

# **To Showcase The Dangers of Taking of The Prohibited Drugs By Learners at Chilubi Mainland Boarding Secondary School Occured**

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**Abstract-** In reality, this research study significantly seeks to assess the challenges of taking of the prohibited drugs on the performance of a learner in the selected public secondary school in Chilubi district of Northern Province of Zambia. The study specifically explores the taking of the forbidden substances as a contributing factor to poor performance of learners at Chilubi Mainland Boarding Secondary school in Chilubi district of Northern Province of Zambia. Most of the challenges encountered in learning institutions are taking of illicit substances or drug addiction related, (World Health Organization report, 2014). This study therefore aims to actually highlight the prevalence and factors associated with taking of the forbidden substances among secondary school learners in the selected potential learning institution in Chilubi district at Chilubi Boarding Secondary school . By definition, a drug is any product other than food or water that affects the way people feel, think, see, and behave. It is also a substance which by its chemical nature affects physical, mental and emotional functioning, (Rang et al, 2011). It can enter the body through chewing, inhaling, smoking, drinking, rubbing on the skin or injection. The research target population is 400 respondents consisting of one public secondary school , in this case Chilubi Mainland Boarding Secondary school The sample size is 63 respondents, quantitatively characterized by 33 pupils, 3 school administrators 12 teachers, 3 guidance and counseling patrons or matrons, 12 parents and (2) Officers from the Department of DEC are also included in the sample because they represent providers or facilitators of drug and alcohol preventive education in learning institution. The data will be precisely collected by employment of personal questionnaires, individual interviews and through collective participations and engagements Data analysis will be done using descriptive statistics after data clearing and coding. Quantitative data will be analyzed using variable distribution, Bar graphs, mode, mean, and percentages as averages whereas qualitative data will be analyzed by tallying the numbers of none numerical responses. In view of this, the data variable tabulations will be presented using frequency distribution tables and bar graphs respectively.

**Keywords:** Drug abuse, Learner performance, Illicit substances, Secondary school students, Chilubi District Practices.

## I. INTRODUCTION

According to the recent World Health organization (WHO) report, substance/drug abuse has become an escalating challenge in academic institutions in most parts of Zambia, in particular at Chilubi Mainland Boarding Secondary school in Chilubi district. A number of studies carried out in the country states or shows that every Zambian youth at one time or the other experiments with drugs or substances, especially alcoholic liquors and cannabis and other illicit drugs. Therefore, the purpose of this study is to investigate the challenges of taking of the forbidden substances on the academic passage and performance of learners at Chilubi Mainland Boarding secondary school in Chilubi district. Taking of the forbidden substance is the use of drugs for offensive purposes other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically. Social effects may be reflected in an individual's enhanced tendency to engage in conflicts with friends, teachers, and school authorities. Cognitive effects relate to the individual's lack of concentration on academic work and memory loss. Lewison Zibeck (2007) defines the term drug, "as any product other than food or water that affects the way people feel, think, see, and behave". It is a substance that due to its chemical nature affects physical, mental and emotional functioning. It can enter the body through chewing, inhaling, smoking, drinking, rubbing on the skin or injection. The chapter will further explore and present the following subtopics: background of the problem, statement of the problem, purpose of the study, objectives of study, the research questions, significance of the study, limitations, delimitations, theoretical frame work acronyms, and definition of key terms to be used in this study for clarity and better purpose.

### Objectives of the Study

- **The objectives of the research study were;**
- To clearly ascertain the degree to which alcohol abuse influences learner's academic performance at Chilubi Mainland Boarding Secondary school

- To carefully analyse the extent to which Marijuana abuse influences learner's academic passage and performance at Chilubi Mainland Boarding Secondary school
- To fully evaluate how Tobacco abuse influences learner's academic passage and performance at Chilubi Mainland Boarding Secondary school

### Purpose of the Study

- The prime purpose of this document was to precisely investigate the challenges or dangers of taking of the forbidden substances by learners at the selected public secondary school in Chilubi district of Northern Province of Zambia.

## II. DISCUSSION OF FINDINGS

### Introduction

The focus of this study was to propose a programme for prevention of and intervention in drug abuse among learners at Chilubi Mainland Boarding public Secondary schools in Chilubi District of Northern Province. The findings of this empirical study would, among other things, contribute to knowledge in this area and help both administrators and policy makers to develop more efficient educational programmes to address drug abuse in schools.

### Alcohol Abuse Influence on Academic Performance

Heavy drinking has a negative effect on the image of an institution, branding it a "party school." This image may encourage more alcohol-related problems, as it attracts pupils who choose to be in high-risk environments. Given alcohol's detrimental effect on student performance, a decrease in drinking on campus should enhance the quality of higher education.

Research suggests that the most effective way to change the "culture of drinking" is through environmental management, that is, by changing the physical, social, legal, and economic environment on and around campus that fosters alcohol and other drugs use.

### **Marijuana Abuse Influence on Academic Performance**

Like alcohol, marijuana abuse also directly impairs academic abilities which limit academic performance. A substantial minority of students who are daily marijuana deals with highly stigmatized forms of behavior which could involve criminal behavior e.g. going against the law or when individuals engage in criminal acts to fund their drug use. The use of addictive drugs often has adverse effects on colleagues and the wider school community for example having to share a room or cube in campus with a smoker.

The fear among students of arrest by police sometimes leads to stigmatization of marijuana smokers therefore having negative psychological effects therefore leading to poor performance in academic work and sometimes drops out of school.

### **Tobacco Abuse Influence on Academic Performance**

From the learners' responses, it was actually evident that they were aware of the effects of taking the forbidden drugs. Tobacco use leads to lack of concentration on studies, missing classes, physical weakness, lack of sleep, lack of appetite, and rejection by friends. A school administrator who was interviewed also gave the effects as lack of responsible citizens, school indiscipline, poor health, and stealing, high rate of school dropout, poor academic performance and personal negligence. All these characteristics eventually lead to drop out, expulsion from school and poor academic performance.

### **Barbiturates Abuse Influence on Academic Performance**

Barbiturate users are adversely affected in terms of mental health. According to this study, abuse of barbiturates stands at 27 percent in public schools. These drugs tend to make the user moody, anxious and impulsive according to these findings. Low academic performance therefore is caused by mostly by anxiety and restlessness.

Use of these drugs also waste academic time when learners had to visit hospitals frequently and for longer time therefore leading in a drop in academic

passage and performance. The findings also indicate that students are only concerned with short-term and not long- term effects of these drugs because they are unaware, therefore there is need of sensitization on the effects of these drugs in the long-term.

## **III. CONCLUSIONS AND RECOMMENDATIONS**

The substance uses of heavy drug-using learners may directly impair academic abilities which limits their academic performance. For most learners who use drugs at a junior level, however, drug use may serve as a maturational 'snare' that keeps some learners engaged in deviant peer groups as others move on to more normative groups, thus having a long-term direct effect on academic attainment. Other studies had discussed similar processes, in which differential pathways to problematic outcomes are determined, in part, by the level of multiple risk behaviors.

If we believe that multiple mechanisms are operating, then it follows that preventive interventions aimed at improving academic engagement should broaden their focus beyond drug use in adolescence. Community and family risk factors should also be targets of intervention. Our findings showed that drug use in learners partially mediated the effect of their externalizing behaviors on schools' completion; learners externalizing also had direct effects on both learners reading achievement and on degree completion. This implies that a powerful target of intervention would be externalizing behaviors, especially for those who had not yet developed heavy or problematic levels of alcohol and or drug use.

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